

Mental Health Journal
2024

EMERGENCY CONTACTS LIST

POLICE DEPARTMENT

Address: _____ Telephone Number: _____

Website: _____

FIRE DEPARTMENT

Address: _____ Telephone Number: _____

Website: _____

HOSPITAL

Name: _____

Address: _____ Telephone Number: _____

Website: _____

PHARMACY

Name: _____

Address: _____ Telephone Number: _____

Website: _____

POISON CONTROL CENTER

Name: _____

Address: _____ Telephone Number: _____

Website: _____

URGENT CARE

Name: _____

Address: _____ Telephone Number: _____

Website: _____

NEIGHBOR

Name: _____

Address: _____ Home Telephone Number: _____

Cell Number: _____ Work Phone Number: _____

Email: _____

COVER

EMERGENCY
CONTACTS LIST

INSURANCE
PROVIDER

DOCTOR
INFORMATION

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SHOPPING
LIST

WEEKLY
PLANNER

MOOD
TRACKER

GRATITUDE
JOURNAL

STICKERS

EMERGENCY CONTACTS LIST

SCHOOL

School Name: _____ Child Name: _____

Grade: _____ Address: _____

Telephone Number: _____ Email: _____

SCHOOL

School Name: _____ Child Name: _____

Grade: _____ Address: _____

Telephone Number: _____ Email: _____

SCHOOL

School Name: _____ Child Name: _____

Grade: _____ Address: _____

Telephone Number: _____ Email: _____

FAMILY MEMBER

Name: _____ Relationship: _____

Address: _____ Home Telephone Number: _____

Cell Number: _____ Work Phone Number: _____

Email: _____ Employer: _____

FAMILY MEMBER

Name: _____ Relationship: _____

Address: _____ Home Telephone Number: _____

Cell Number: _____ Work Phone Number: _____

Email: _____ Employer: _____

FAMILY MEMBER

Name: _____ Relationship: _____

Address: _____ Home Telephone Number: _____

Cell Number: _____ Work Phone Number: _____

Email: _____ Employer: _____

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INSURANCE PROVIDER

MEDICAL INSURANCE

Insurance Provider: _____ Policy #: _____

Group #: _____ Website: _____

Username: _____ Password: _____

Phone Number: _____ Subscriber: _____ Subscriber DOB: _____

DENTAL INSURANCE

Insurance Provider: _____ Policy #: _____

Group #: _____ Website: _____

Username: _____ Password: _____

Phone Number: _____ Subscriber: _____ Subscriber DOB: _____

VISION INSURANCE

Insurance Provider: _____ Policy #: _____

Group #: _____ Website: _____

Username: _____ Password: _____

Phone Number: _____ Subscriber: _____ Subscriber DOB: _____

PRESCRIPTION CARD

Insurance Provider: _____ Policy #: _____

Group #: _____ Website: _____

Username: _____ Password: _____

Phone Number: _____ Subscriber: _____ Subscriber DOB: _____

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DOCTOR INFORMATION

Patient Name: _____ Dr. Name: _____

Specialist: _____ Working Hours: _____

Address: _____ Phone number: _____

Patient Name: _____ Dr. Name: _____

Specialist: _____ Working Hours: _____

Address: _____ Phone number: _____

Patient Name: _____ Dr. Name: _____

Specialist: _____ Working Hours: _____

Address: _____ Phone number: _____

Patient Name: _____ Dr. Name: _____

Specialist: _____ Working Hours: _____

Address: _____ Phone number: _____

Patient Name: _____ Dr. Name: _____

Specialist: _____ Working Hours: _____

Address: _____ Phone number: _____

Patient Name: _____ Dr. Name: _____

Specialist: _____ Working Hours: _____

Address: _____ Phone number: _____

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STICKERS

MEDICATIONS

Patient Name: _____

Date	Medication	Dose Given	Frequency (i.e 2x per day)	Time	AM/PM

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- MEDICAL HISTORY
- MEDICATIONS
- APPOINTMENT NOTES
- SHOPPING LIST
- WEEKLY PLANNER
- MOOD TRACKER
- GRATITUDE JOURNAL
- STICKERS

APPOINTMENT NOTES

Patient Name:	
Date : _____ Time: _____	
Specialist:	Questions:
Location:	Symptoms:
Preparation:	Next Action:
Follow up Appointment:	Waiting For:
Notes:	

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WEEK OF
JAN 01 - JAN 07

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2 TUESDAY

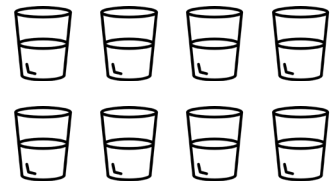
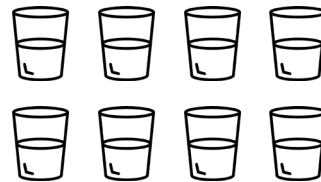
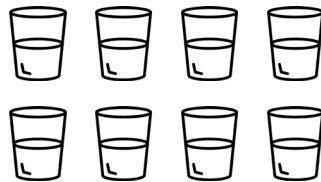
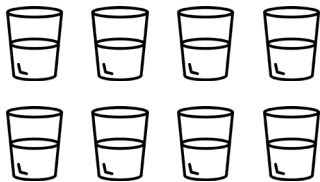
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WEEKLY PLANNER

WEEK OF
8 JAN - 14 JAN

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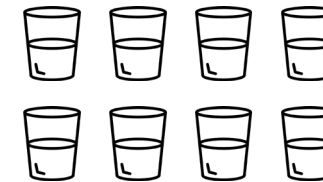
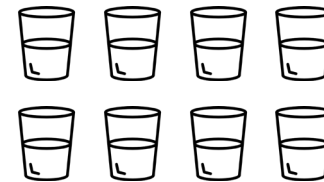
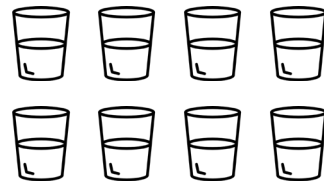
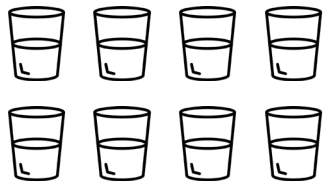
8 MONDAY

9 TUESDAY

10 WEDNESDAY

11 THURSDAY

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WEEK OF
15 JAN - 21 JAN

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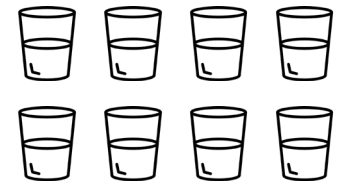
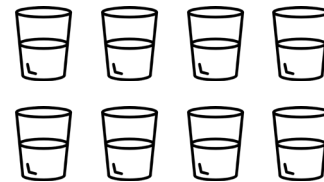
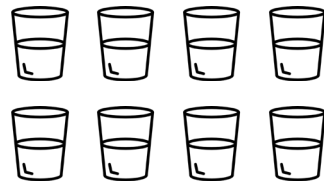
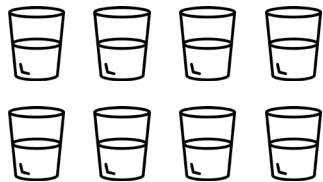
15 MONDAY

16 TUESDAY

17 WEDNESDAY

18 THURSDAY

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8AM _____	8AM _____	8AM _____	8AM _____
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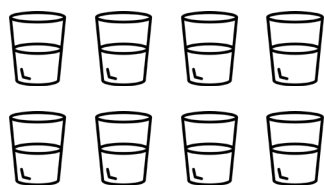
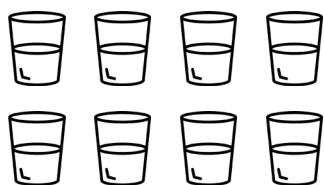
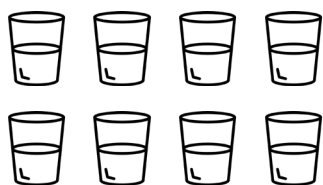
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19 FRIDAY	20 SATURDAY	21 SUNDAY	NOTES
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7AM _____	7AM _____	7AM _____	
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9AM _____	9AM _____	9AM _____	
10AM _____	10AM _____	10AM _____	
11AM _____	11AM _____	11AM _____	
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7PM _____	7PM _____	7PM _____	
8PM _____	8PM _____	8PM _____	
9PM _____	9PM _____	9PM _____	
10PM _____	10PM _____	10PM _____	



MEALS	MEALS	MEALS	
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WEEKLY PLANNER

WEEK OF
22 JAN - 28 JAN

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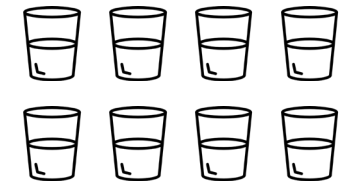
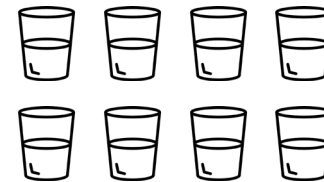
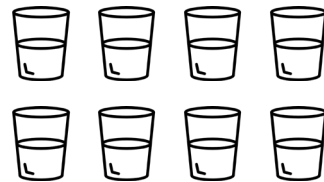
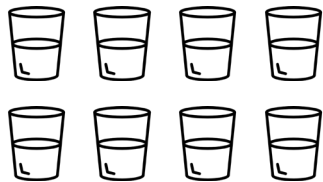
22 MONDAY

23 TUESDAY

24 WEDNESDAY

25 THURSDAY

7AM _____	7AM _____	7AM _____	7AM _____
8AM _____	8AM _____	8AM _____	8AM _____
9AM _____	9AM _____	9AM _____	9AM _____
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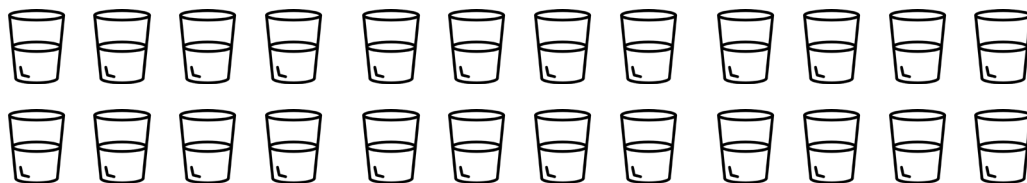
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26 FRIDAY	27 SATURDAY	28 SUNDAY	NOTES
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WEEKLY PLANNER

WEEK OF
29 JAN - 4 FEB

COVER

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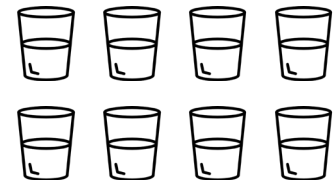
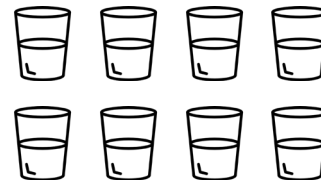
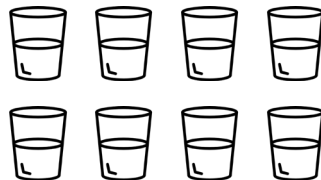
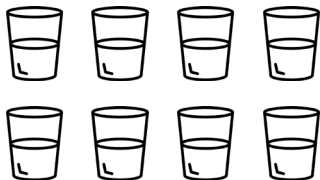
WEEKLY PLANNER

MOOD TRACKER

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STICKERS

29 MONDAY	30 TUESDAY	31 WEDNESDAY	1 THURSDAY
7AM _____	7AM _____	7AM _____	7AM _____
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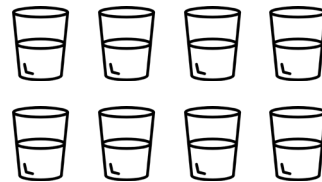
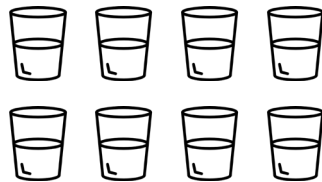
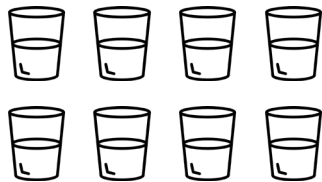
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2 FRIDAY 3 SATURDAY 4 SUNDAY NOTES

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WEEKLY PLANNER

WEEK OF
5 FEB - 11 FEB

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5 MONDAY

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6 TUESDAY

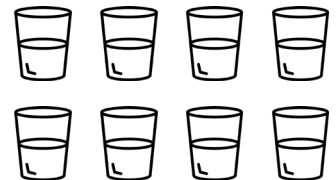
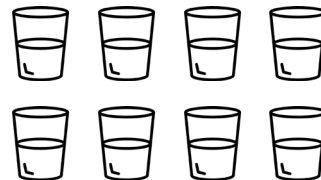
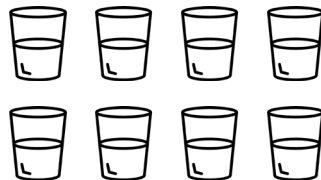
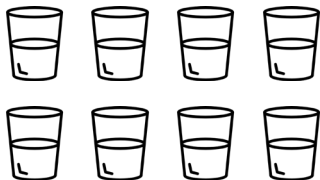
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WEEKLY PLANNER

WEEK OF
12 FEB - 18 FEB

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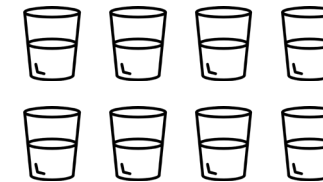
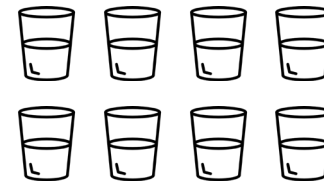
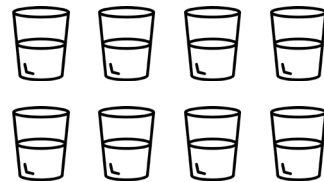
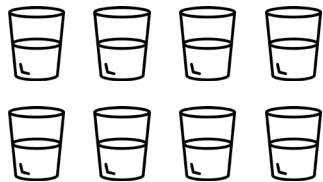
12 MONDAY

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14 WEDNESDAY

15 THURSDAY

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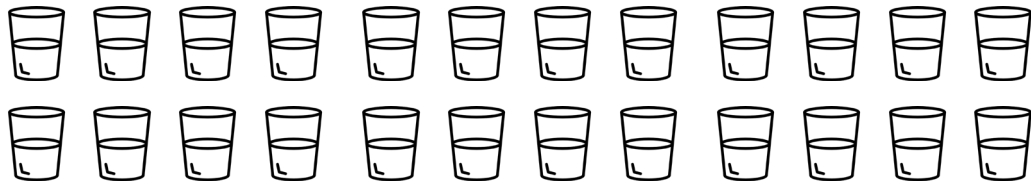
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16 FRIDAY	17 SATURDAY	18 SUNDAY	NOTES
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WEEKLY PLANNER

WEEK OF
19 FEB - 25 FEB

COVER

EMERGENCY CONTACTS LIST

INSURANCE PROVIDER

DOCTOR INFORMATION

MEDICAL HISTORY

MEDICATIONS

APPOINTMENT NOTES

SHOPPING LIST

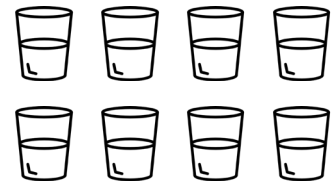
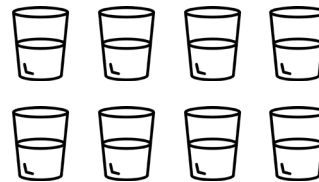
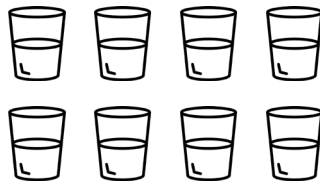
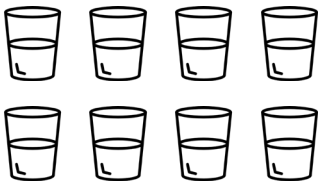
WEEKLY PLANNER

MOOD TRACKER

GRATITUDE JOURNAL

STICKERS

19 MONDAY	20 TUESDAY	21 WEDNESDAY	22 THURSDAY
7AM _____	7AM _____	7AM _____	7AM _____
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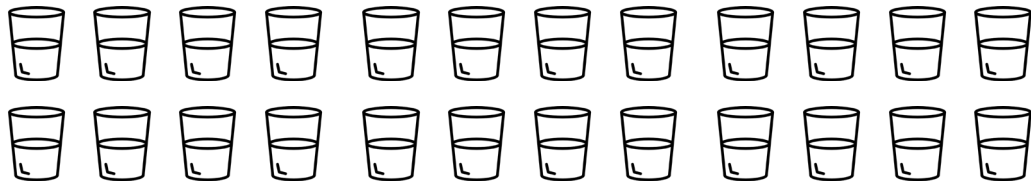
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23 FRIDAY	24 SATURDAY	25 SUNDAY	NOTES
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MEALS	MEALS	MEALS	NOTES
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WEEKLY PLANNER

WEEK OF
26 FEB - 03 MAR

COVER

EMERGENCY CONTACTS LIST

INSURANCE PROVIDER

DOCTOR INFORMATION

MEDICAL HISTORY

MEDICATIONS

APPOINTMENT NOTES

SHOPPING LIST

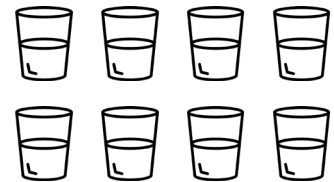
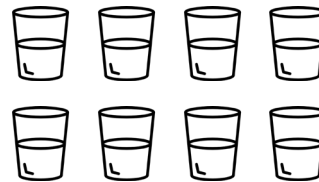
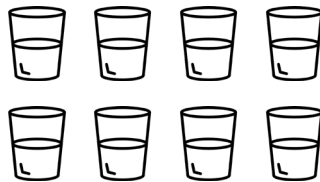
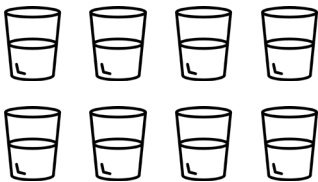
WEEKLY PLANNER

MOOD TRACKER

GRATITUDE JOURNAL

STICKERS

26 MONDAY	27 TUESDAY	28 WEDNESDAY	29 THURSDAY
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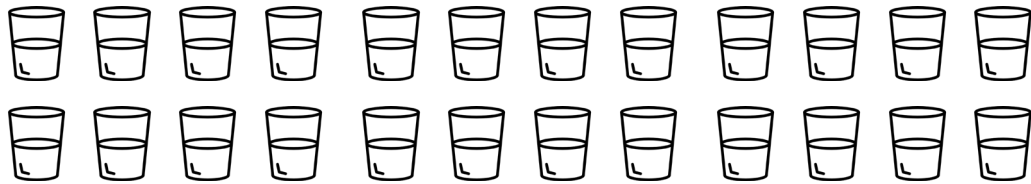
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1 FRIDAY	2 SATURDAY	3 SUNDAY	NOTES
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MEALS	MEALS	MEALS	
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WEEKLY PLANNER

WEEK OF
4 MAR - 10 MAR

COVER

EMERGENCY CONTACTS LIST

INSURANCE PROVIDER

DOCTOR INFORMATION

MEDICAL HISTORY

MEDICATIONS

APPOINTMENT NOTES

SHOPPING LIST

WEEKLY PLANNER

MOOD TRACKER

GRATITUDE JOURNAL

STICKERS

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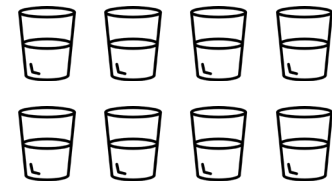
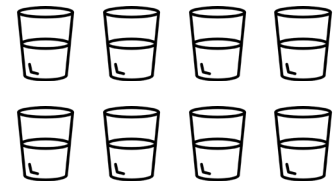
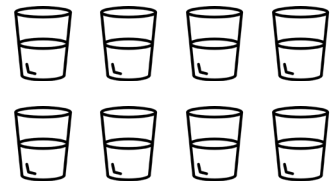
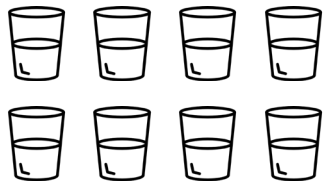
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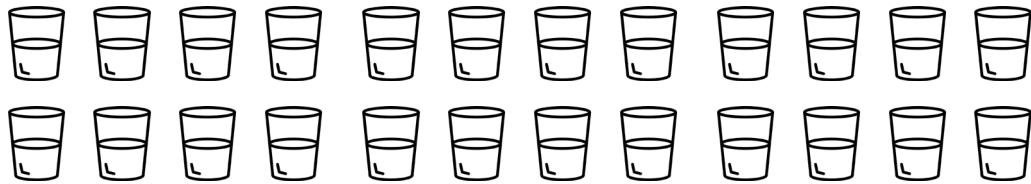
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8 FRIDAY	9 SATURDAY	10 SUNDAY	NOTES
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MEALS	MEALS	MEALS	NOTES
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WEEKLY PLANNER

WEEK OF
11 MAR - 17 MAR

COVER

EMERGENCY CONTACTS LIST

INSURANCE PROVIDER

DOCTOR INFORMATION

MEDICAL HISTORY

MEDICATIONS

APPOINTMENT NOTES

SHOPPING LIST

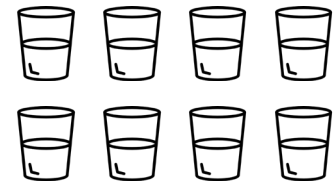
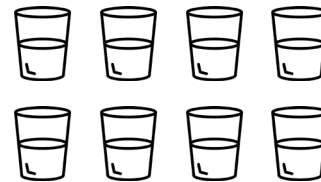
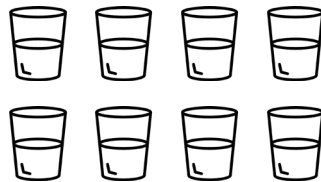
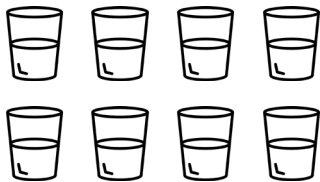
WEEKLY PLANNER

MOOD TRACKER

GRATITUDE JOURNAL

STICKERS

11 MONDAY	12 TUESDAY	13 WEDNESDAY	14 THURSDAY
7AM _____	7AM _____	7AM _____	7AM _____
8AM _____	8AM _____	8AM _____	8AM _____
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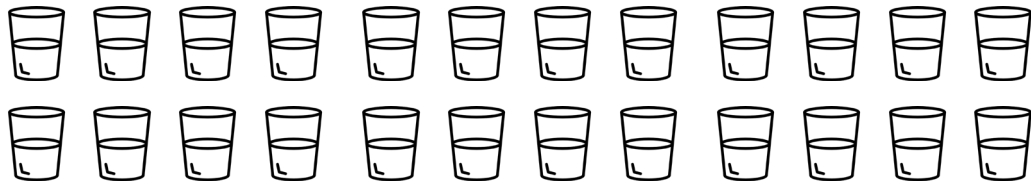
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15 FRIDAY	16 SATURDAY	17 SUNDAY	NOTES
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MEALS	MEALS	MEALS	NOTES
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WEEKLY PLANNER

WEEK OF
18 MAR - 24 MAR

COVER

EMERGENCY CONTACTS LIST

INSURANCE PROVIDER

DOCTOR INFORMATION

MEDICAL HISTORY

MEDICATIONS

APPOINTMENT NOTES

SHOPPING LIST

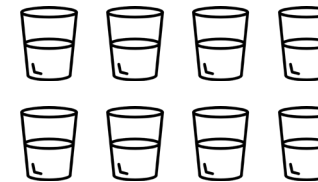
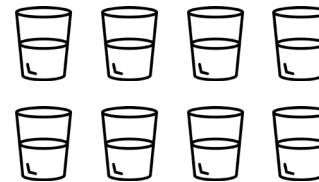
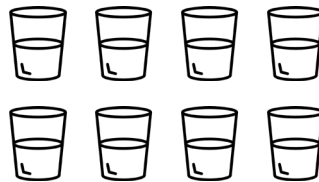
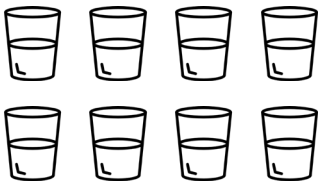
WEEKLY PLANNER

MOOD TRACKER

GRATITUDE JOURNAL

STICKERS

18 MONDAY	19 TUESDAY	20 WEDNESDAY	21 THURSDAY
7AM _____	7AM _____	7AM _____	7AM _____
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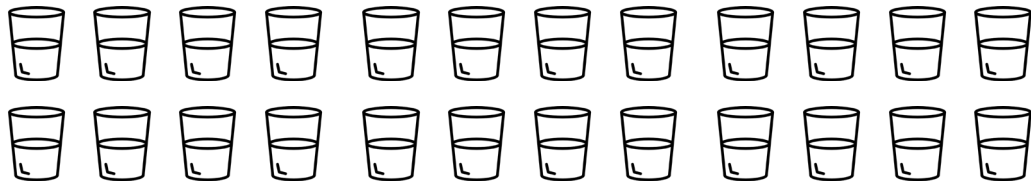
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22 FRIDAY	23 SATURDAY	24 SUNDAY	NOTES
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MEALS	MEALS	MEALS	NOTES
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WEEKLY PLANNER

WEEK OF
25 MAR - 31 MAR

COVER

EMERGENCY CONTACTS LIST

INSURANCE PROVIDER

DOCTOR INFORMATION

MEDICAL HISTORY

MEDICATIONS

APPOINTMENT NOTES

SHOPPING LIST

WEEKLY PLANNER

MOOD TRACKER

GRATITUDE JOURNAL

STICKERS

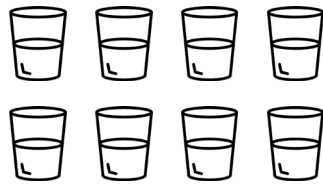
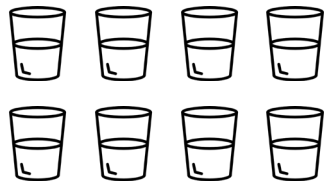
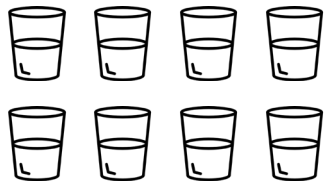
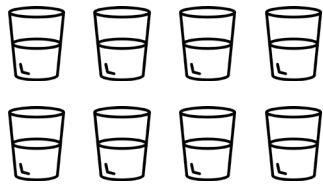
25 MONDAY

26 TUESDAY

27 WEDNESDAY

28 THURSDAY

7AM _____	7AM _____	7AM _____	7AM _____
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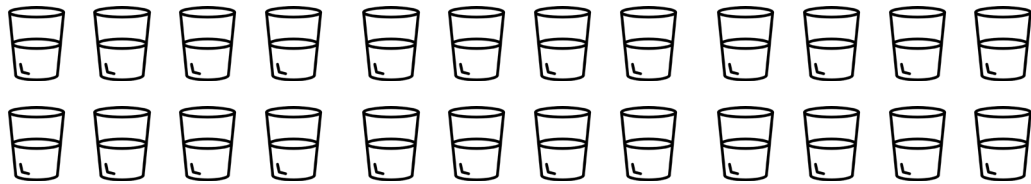
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29 FRIDAY	30 SATURDAY	31 SUNDAY	NOTES
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10AM _____	10AM _____	10AM _____	_____
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MEALS	MEALS	MEALS	NOTES
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WEEKLY PLANNER

WEEK OF
01 APR - 07 APR

COVER

EMERGENCY CONTACTS LIST

INSURANCE PROVIDER

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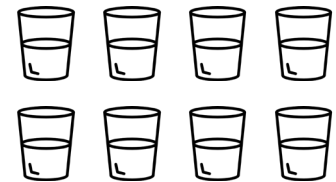
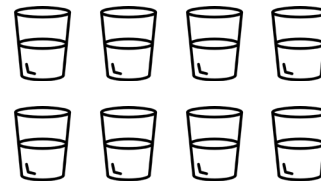
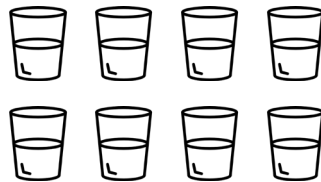
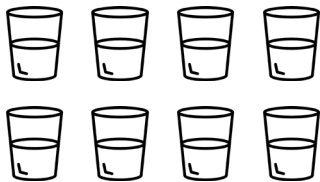
WEEKLY PLANNER

MOOD TRACKER

GRATITUDE JOURNAL

STICKERS

1 MONDAY	2 TUESDAY	3 WEDNESDAY	4 THURSDAY
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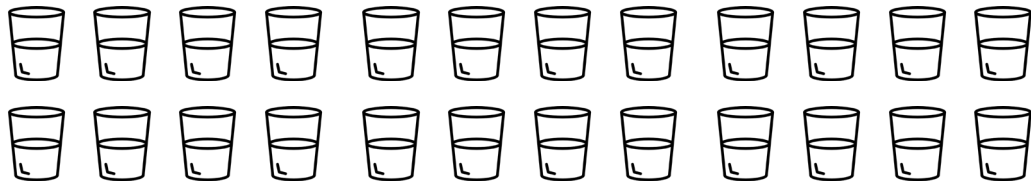
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5 FRIDAY	6 SATURDAY	7 SUNDAY	NOTES
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MEALS	MEALS	MEALS	
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WEEKLY PLANNER

WEEK OF
8 APR - 14 APR

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PLANNER

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TRACKER

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JOURNAL

STICKERS

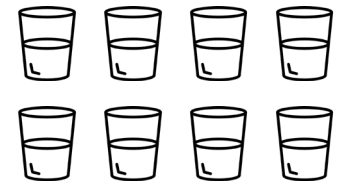
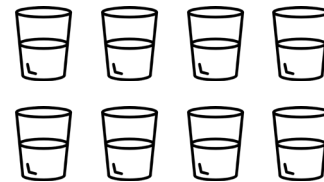
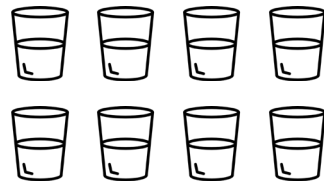
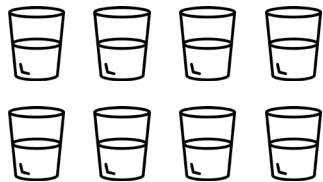
8 MONDAY

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11 THURSDAY

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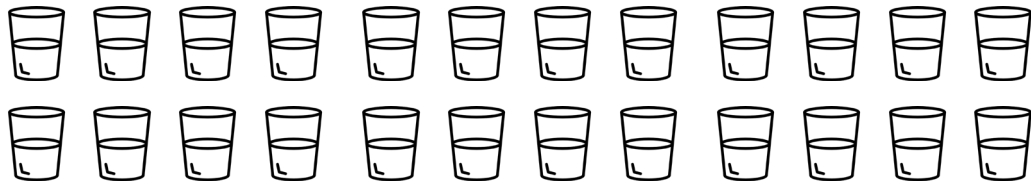
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12 FRIDAY	13 SATURDAY	14 SUNDAY	NOTES
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WEEKLY PLANNER

WEEK OF
15 APR - 21 APR

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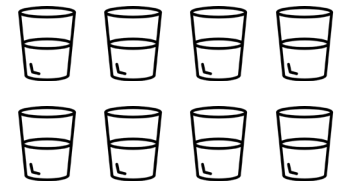
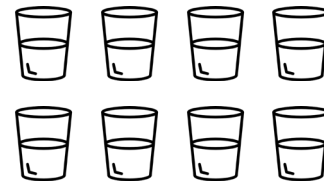
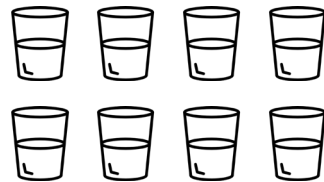
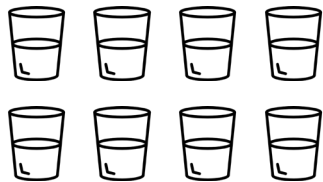
15 MONDAY

16 TUESDAY

17 WEDNESDAY

18 THURSDAY

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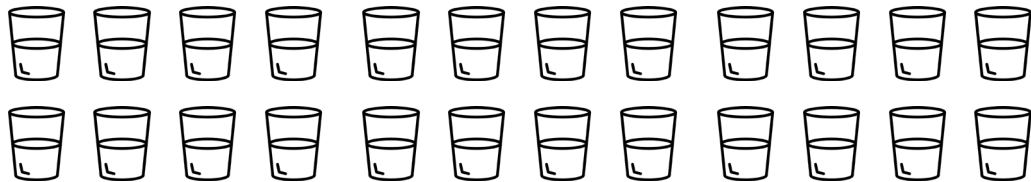
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19 FRIDAY	20 SATURDAY	21 SUNDAY	NOTES
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MEALS	MEALS	MEALS	
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22 APR - 28 APR

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STICKERS

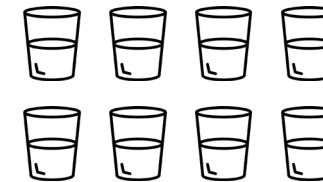
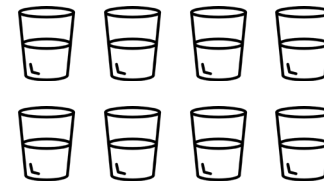
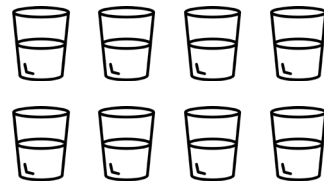
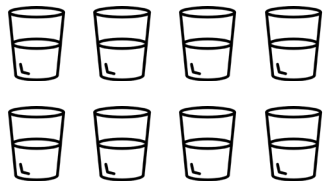
22 MONDAY

23 TUESDAY

24 WEDNESDAY

25 THURSDAY

7AM _____	7AM _____	7AM _____	7AM _____
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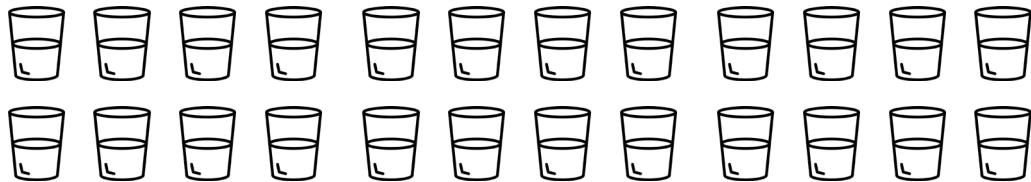
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26 FRIDAY	27 SATURDAY	28 SUNDAY	NOTES
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8AM _____	8AM _____	8AM _____	
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MEALS	MEALS	MEALS	
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WEEK OF
29 APR - 5 MAY

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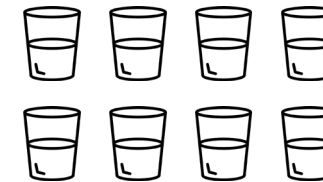
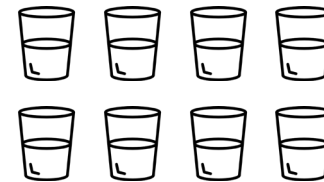
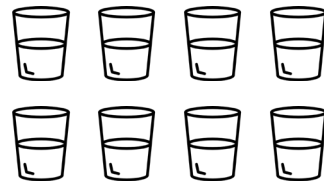
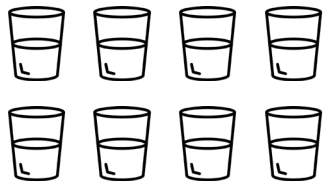
29 MONDAY

30 TUESDAY

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7AM _____	7AM _____	7AM _____	7AM _____
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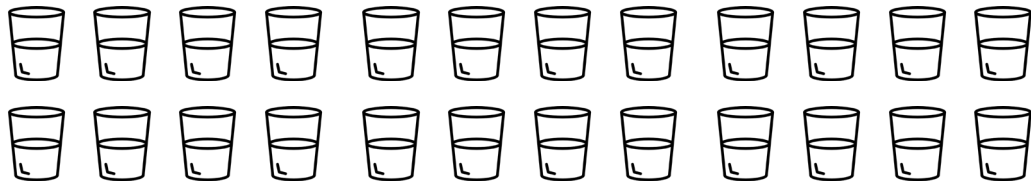
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3 FRIDAY	4 SATURDAY	5 SUNDAY	NOTES
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6 MAY - 12 MAY

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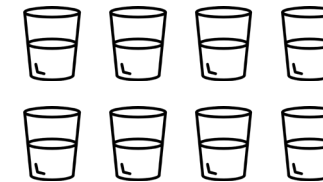
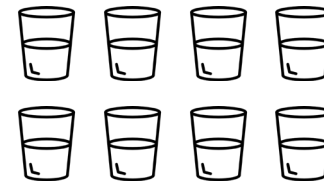
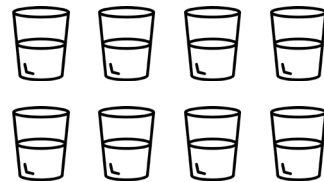
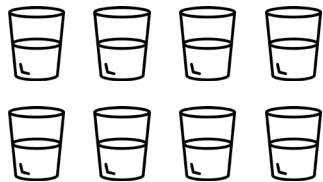
6 MONDAY

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8 WEDNESDAY

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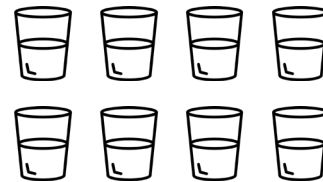
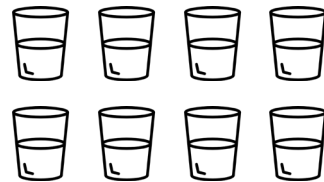
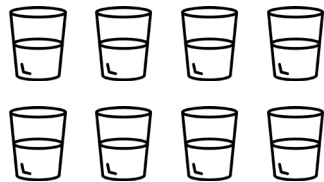
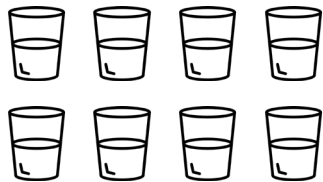
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WEEKLY PLANNER

WEEK OF
13 MAY - 19 MAY

13 MONDAY	14 TUESDAY	15 WEDNESDAY	16 THURSDAY
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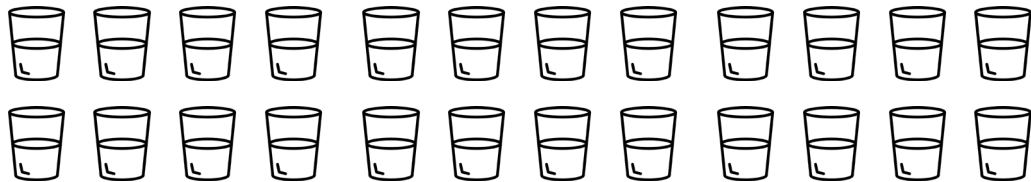
MOOD TRACKER

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17 FRIDAY	18 SATURDAY	19 SUNDAY	NOTES
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20 MAY - 26 MAY

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JOURNAL

STICKERS

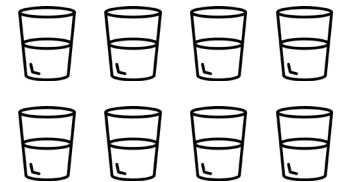
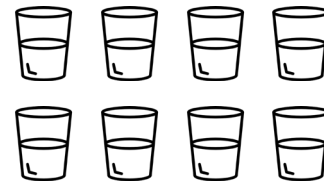
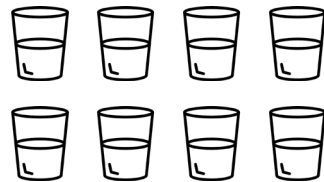
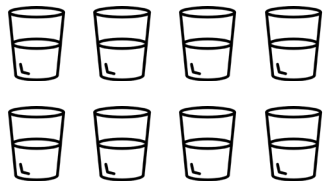
20 MONDAY

21 TUESDAY

22 WEDNESDAY

23 THURSDAY

7AM _____	7AM _____	7AM _____	7AM _____
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MEALS

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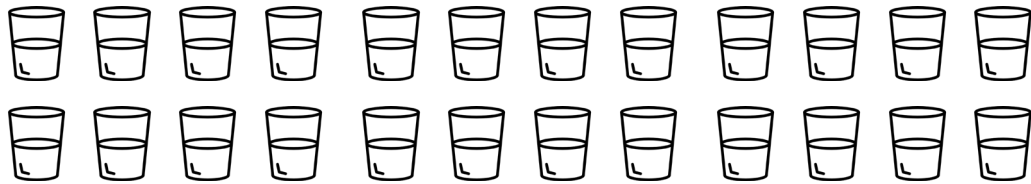
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24 FRIDAY	25 SATURDAY	26 SUNDAY	NOTES
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MEALS	MEALS	MEALS	NOTES
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WEEKLY PLANNER

WEEK OF
27 MAY - 2 JUN

COVER

EMERGENCY
CONTACTS LIST

INSURANCE
PROVIDER

DOCTOR
INFORMATION

MEDICAL
HISTORY

MEDICATIONS

APPOINTMENT
NOTES

SHOPPING
LIST

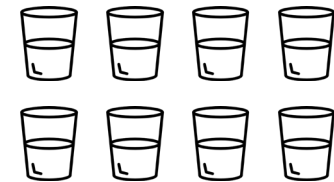
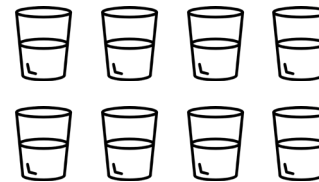
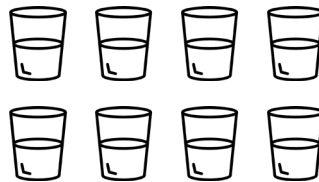
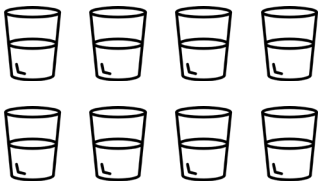
WEEKLY
PLANNER

MOOD
TRACKER

GRATITUDE
JOURNAL

STICKERS

27 MONDAY	28 TUESDAY	29 WEDNESDAY	30 THURSDAY
7AM _____	7AM _____	7AM _____	7AM _____
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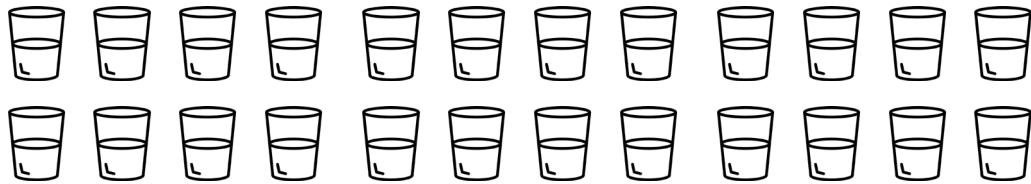
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31 FRIDAY	1 SATURDAY	2 SUNDAY	NOTES
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WEEKLY PLANNER

WEEK OF
3 JUN - 9 JUN

COVER

EMERGENCY CONTACTS LIST

INSURANCE PROVIDER

DOCTOR INFORMATION

MEDICAL HISTORY

MEDICATIONS

APPOINTMENT NOTES

SHOPPING LIST

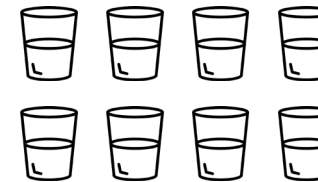
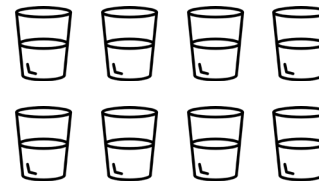
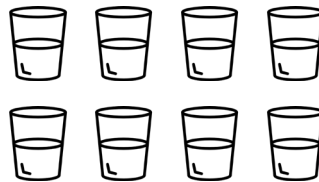
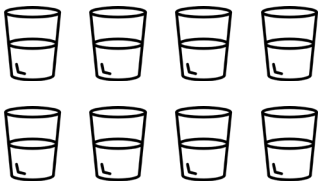
WEEKLY PLANNER

MOOD TRACKER

GRATITUDE JOURNAL

STICKERS

3 MONDAY	4 TUESDAY	5 WEDNESDAY	6 THURSDAY
7AM _____	7AM _____	7AM _____	7AM _____
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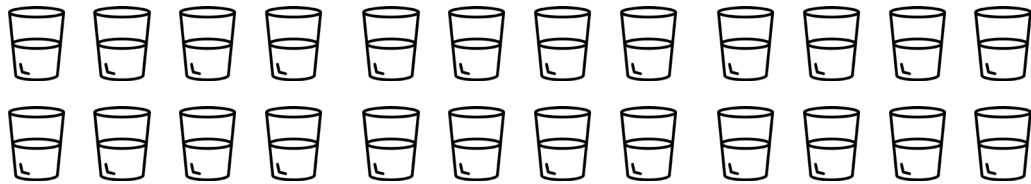
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7 FRIDAY	8 SATURDAY	9 SUNDAY	NOTES
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MEALS	MEALS	MEALS	NOTES
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WEEKLY PLANNER

WEEK OF
10 JUN - 16 JUN

COVER

EMERGENCY CONTACTS LIST

INSURANCE PROVIDER

DOCTOR INFORMATION

MEDICAL HISTORY

MEDICATIONS

APPOINTMENT NOTES

SHOPPING LIST

WEEKLY PLANNER

MOOD TRACKER

GRATITUDE JOURNAL

STICKERS

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11 TUESDAY

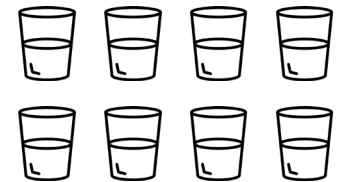
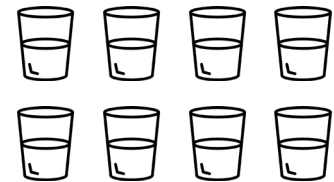
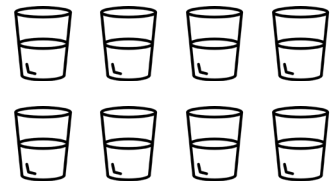
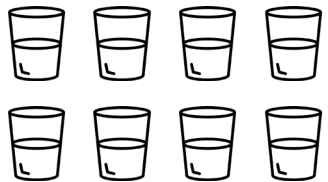
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12 WEDNESDAY

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13 THURSDAY

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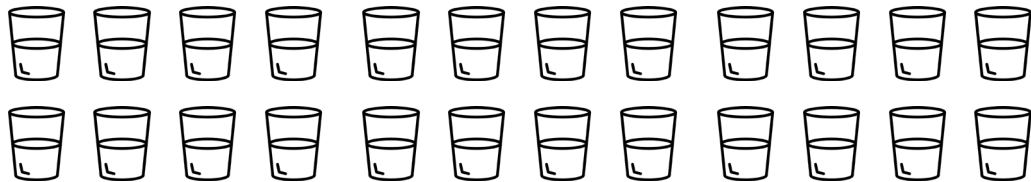
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MEALS

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14 FRIDAY	15 SATURDAY	16 SUNDAY	NOTES
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7AM _____	7AM _____	7AM _____	
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10AM _____	10AM _____	10AM _____	
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WEEKLY PLANNER

WEEK OF
17 JUN - 23 JUN

COVER

EMERGENCY CONTACTS LIST

INSURANCE PROVIDER

DOCTOR INFORMATION

MEDICAL HISTORY

MEDICATIONS

APPOINTMENT NOTES

SHOPPING LIST

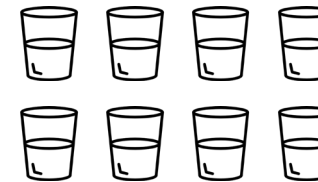
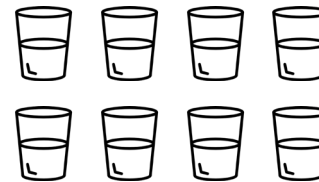
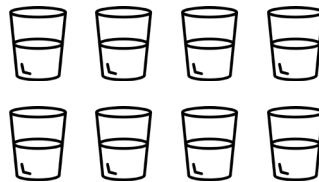
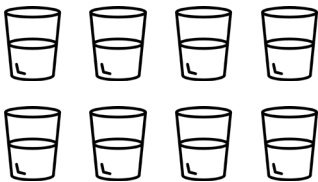
WEEKLY PLANNER

MOOD TRACKER

GRATITUDE JOURNAL

STICKERS

17 MONDAY	18 TUESDAY	19 WEDNESDAY	20 THURSDAY
7AM _____	7AM _____	7AM _____	7AM _____
8AM _____	8AM _____	8AM _____	8AM _____
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WEEKLY PLANNER

WEEK OF
24 JUN - 30 JUN

COVER

EMERGENCY CONTACTS LIST

INSURANCE PROVIDER

DOCTOR INFORMATION

MEDICAL HISTORY

MEDICATIONS

APPOINTMENT NOTES

SHOPPING LIST

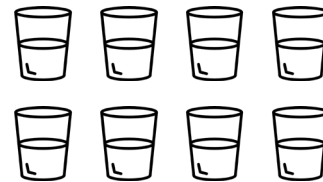
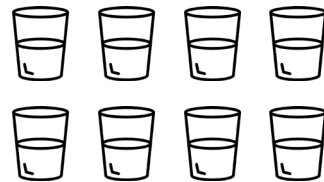
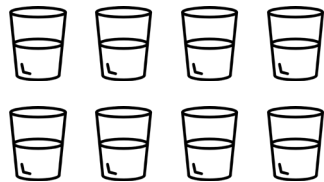
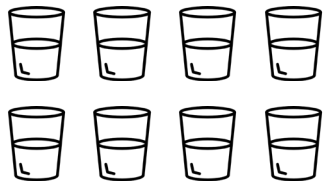
WEEKLY PLANNER

MOOD TRACKER

GRATITUDE JOURNAL

STICKERS

24 MONDAY	25 TUESDAY	26 WEDNESDAY	27 THURSDAY
7AM _____	7AM _____	7AM _____	7AM _____
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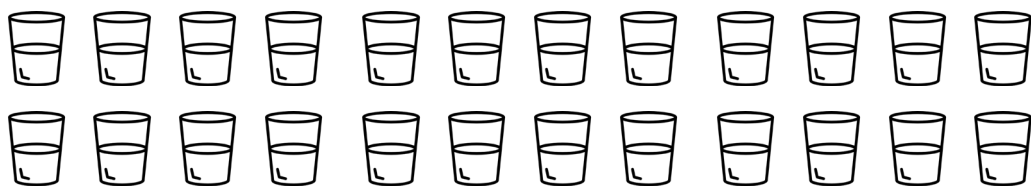
MEALS
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28 FRIDAY	29 SATURDAY	30 SUNDAY	NOTES
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WEEKLY PLANNER

WEEK OF
01 JULY - 7 JULY

COVER

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PLANNER

MOOD
TRACKER

GRATITUDE
JOURNAL

STICKERS

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2 TUESDAY

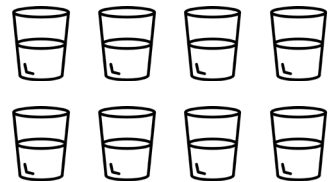
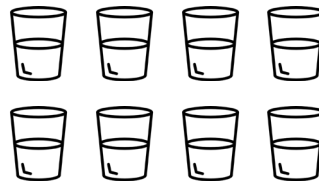
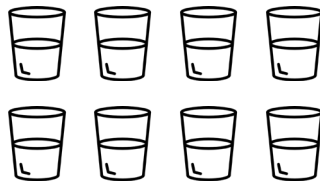
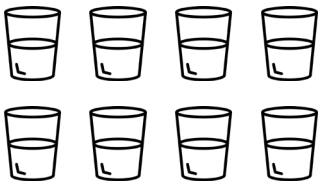
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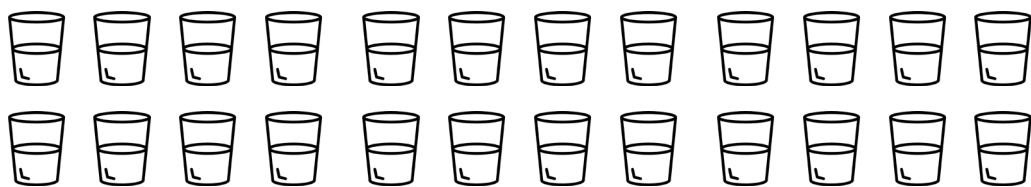
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MEALS

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5 FRIDAY	6 SATURDAY	7 SUNDAY	NOTES
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MEALS	MEALS	MEALS	NOTES
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WEEKLY PLANNER

WEEK OF
8 JULY - 14 JULY

COVER

EMERGENCY CONTACTS LIST

INSURANCE PROVIDER

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SHOPPING LIST

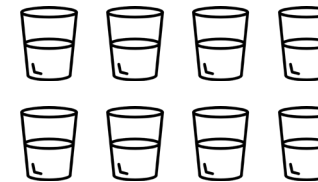
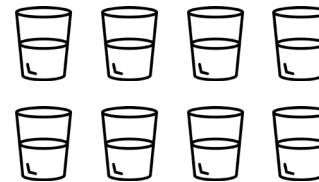
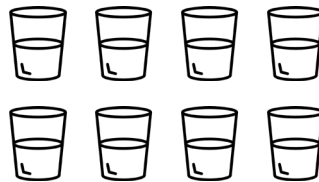
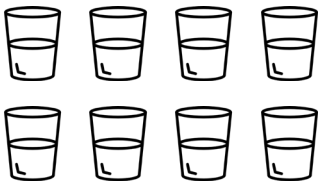
WEEKLY PLANNER

MOOD TRACKER

GRATITUDE JOURNAL

STICKERS

8 MONDAY	9 TUESDAY	10 WEDNESDAY	11 THURSDAY
7AM _____	7AM _____	7AM _____	7AM _____
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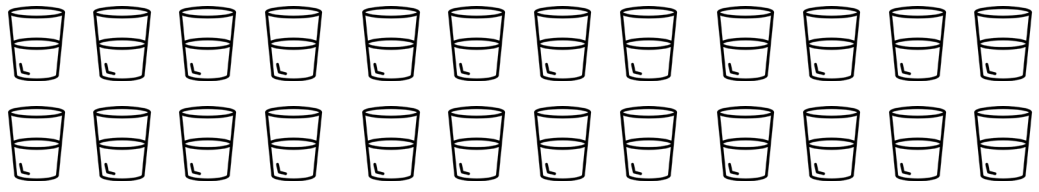
MEALS
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MEALS
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MEALS
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12 FRIDAY	13 SATURDAY	14 SUNDAY	NOTES
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MEALS	MEALS	MEALS	
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WEEKLY PLANNER

WEEK OF
15 JULY - 21 JULY

COVER

EMERGENCY CONTACTS LIST

INSURANCE PROVIDER

DOCTOR INFORMATION

MEDICAL HISTORY

MEDICATIONS

APPOINTMENT NOTES

SHOPPING LIST

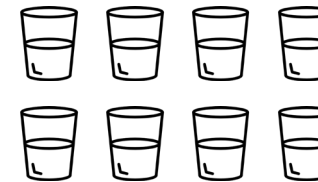
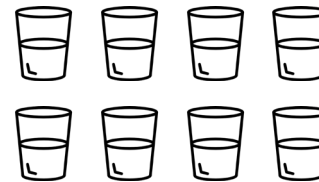
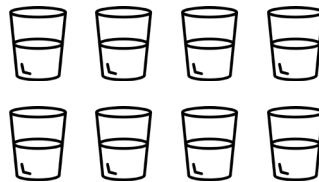
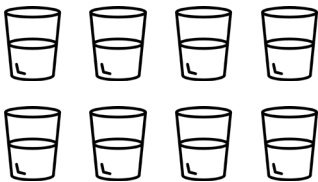
WEEKLY PLANNER

MOOD TRACKER

GRATITUDE JOURNAL

STICKERS

15 MONDAY	16 TUESDAY	17 WEDNESDAY	18 THURSDAY
7AM _____	7AM _____	7AM _____	7AM _____
8AM _____	8AM _____	8AM _____	8AM _____
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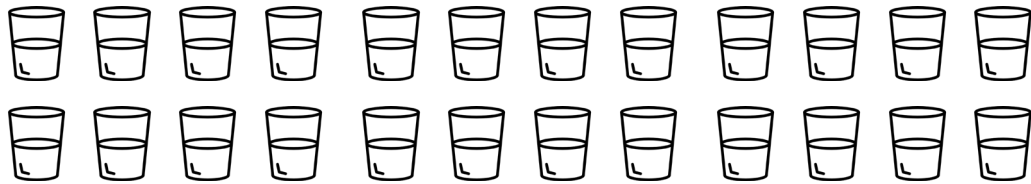
MEALS
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19 FRIDAY	20 SATURDAY	21 SUNDAY	NOTES
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MEALS	MEALS	MEALS	
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WEEKLY PLANNER

WEEK OF
22 JULY - 28 JULY

COVER

EMERGENCY CONTACTS LIST

INSURANCE PROVIDER

DOCTOR INFORMATION

MEDICAL HISTORY

MEDICATIONS

APPOINTMENT NOTES

SHOPPING LIST

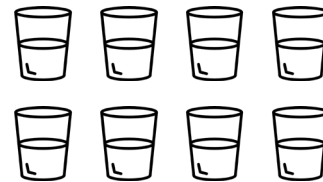
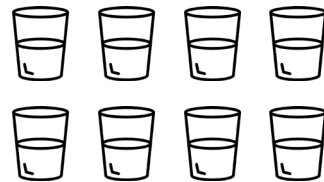
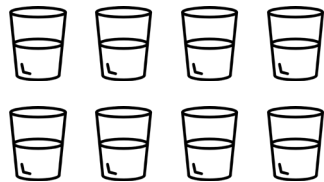
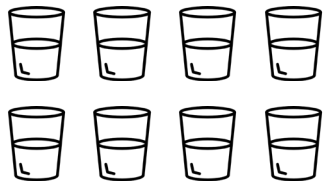
WEEKLY PLANNER

MOOD TRACKER

GRATITUDE JOURNAL

STICKERS

22 MONDAY	23 TUESDAY	24 WEDNESDAY	25 THURSDAY
7AM _____	7AM _____	7AM _____	7AM _____
8AM _____	8AM _____	8AM _____	8AM _____
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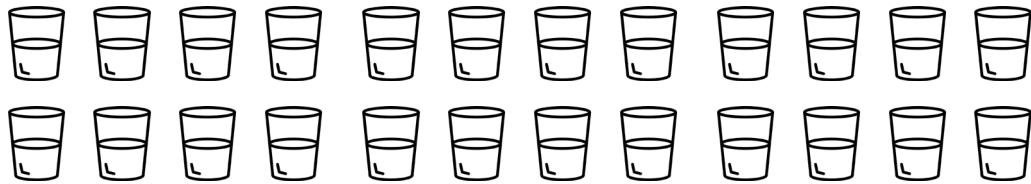
MEALS
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MEALS
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MEALS
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26 FRIDAY	27 SATURDAY	28 SUNDAY	NOTES
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7AM _____	7AM _____	7AM _____	_____
8AM _____	8AM _____	8AM _____	_____
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10AM _____	10AM _____	10AM _____	_____
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MEALS	MEALS	MEALS	NOTES
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L	L	L	_____
D	D	D	_____

WEEKLY PLANNER

WEEK OF
29 JULY - 4 AUG

COVER

EMERGENCY CONTACTS LIST

INSURANCE PROVIDER

DOCTOR INFORMATION

MEDICAL HISTORY

MEDICATIONS

APPOINTMENT NOTES

SHOPPING LIST

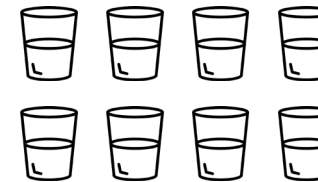
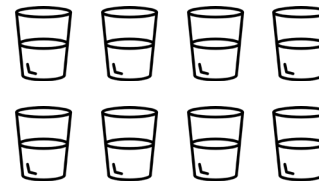
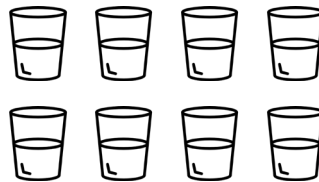
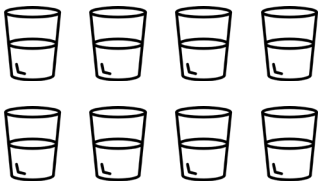
WEEKLY PLANNER

MOOD TRACKER

GRATITUDE JOURNAL

STICKERS

29 MONDAY	30 TUESDAY	31 WEDNESDAY	1 THURSDAY
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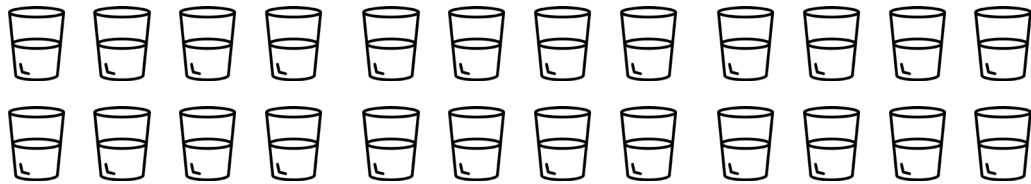
MEALS
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2 FRIDAY	3 SATURDAY	4 SUNDAY	NOTES
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MEALS	MEALS	MEALS	
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WEEKLY PLANNER

WEEK OF
5 AUG - 11 AUG

COVER

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CONTACTS LIST

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INFORMATION

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HISTORY

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NOTES

SHOPPING
LIST

WEEKLY
PLANNER

MOOD
TRACKER

GRATITUDE
JOURNAL

STICKERS

5 MONDAY

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6 TUESDAY

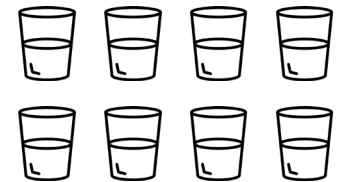
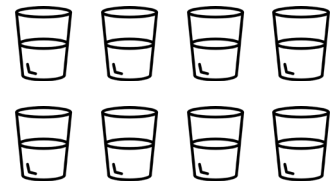
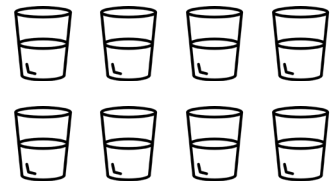
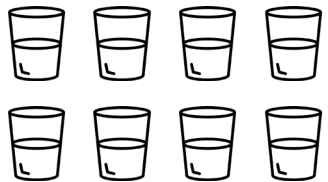
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8 THURSDAY

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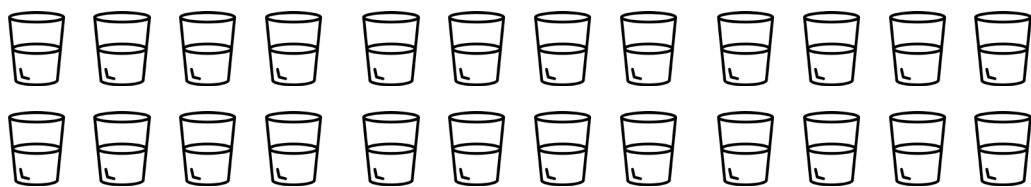
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MEALS

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9 FRIDAY	10 SATURDAY	11 SUNDAY	NOTES
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7AM _____	7AM _____	7AM _____	_____
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10AM _____	10AM _____	10AM _____	_____
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MEALS	MEALS	MEALS	NOTES
B	B	B	_____
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D	D	D	_____

WEEKLY PLANNER

WEEK OF
12 AUG - 18 AUG

COVER

EMERGENCY CONTACTS LIST

INSURANCE PROVIDER

DOCTOR INFORMATION

MEDICAL HISTORY

MEDICATIONS

APPOINTMENT NOTES

SHOPPING LIST

WEEKLY PLANNER

MOOD TRACKER

GRATITUDE JOURNAL

STICKERS

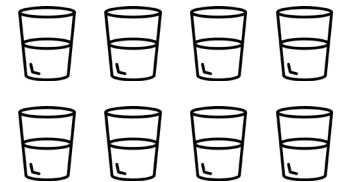
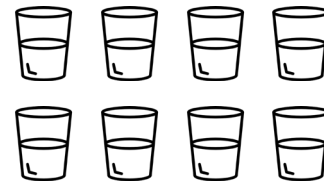
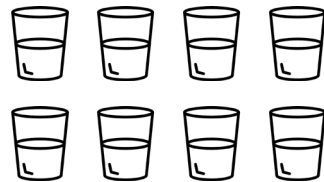
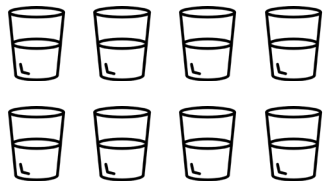
12 MONDAY

13 TUESDAY

14 WEDNESDAY

15 THURSDAY

7AM _____	7AM _____	7AM _____	7AM _____
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MEALS

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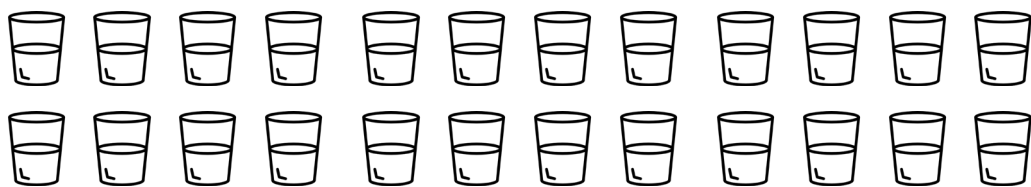
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16 FRIDAY	17 SATURDAY	18 SUNDAY	NOTES
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MEALS	MEALS	MEALS	NOTES
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L	L	L	_____
D	D	D	_____

WEEKLY PLANNER

WEEK OF
19 AUG - 25 AUG

COVER

EMERGENCY CONTACTS LIST

INSURANCE PROVIDER

DOCTOR INFORMATION

MEDICAL HISTORY

MEDICATIONS

APPOINTMENT NOTES

SHOPPING LIST

WEEKLY PLANNER

MOOD TRACKER

GRATITUDE JOURNAL

STICKERS

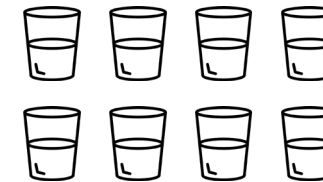
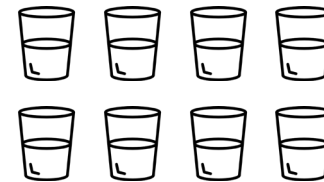
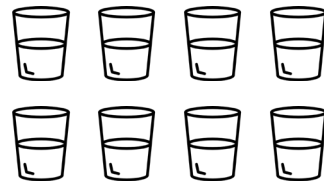
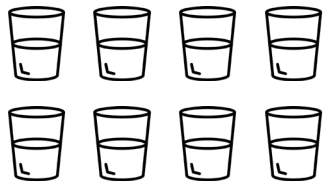
19 MONDAY

20 TUESDAY

21 WEDNESDAY

22 THURSDAY

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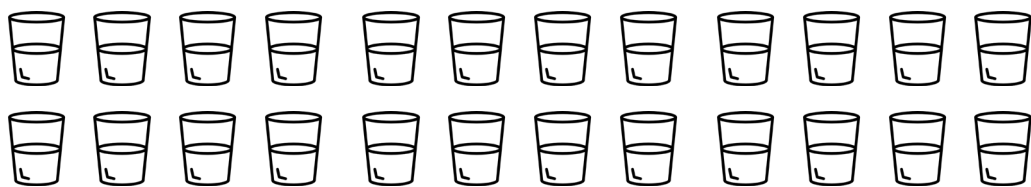
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23 FRIDAY	24 SATURDAY	25 SUNDAY	NOTES
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10PM _____	10PM _____	10PM _____	



MEALS	MEALS	MEALS	
B	B	B	
L	L	L	
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WEEKLY PLANNER

WEEK OF
26 AUG - 1 SEP

COVER

EMERGENCY
CONTACTS LIST

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HISTORY

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APPOINTMENT
NOTES

SHOPPING
LIST

WEEKLY
PLANNER

MOOD
TRACKER

GRATITUDE
JOURNAL

STICKERS

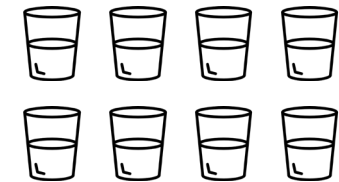
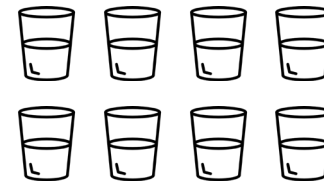
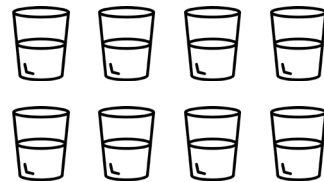
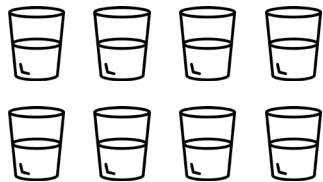
26 MONDAY

27 TUESDAY

28 WEDNESDAY

29 THURSDAY

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MEALS

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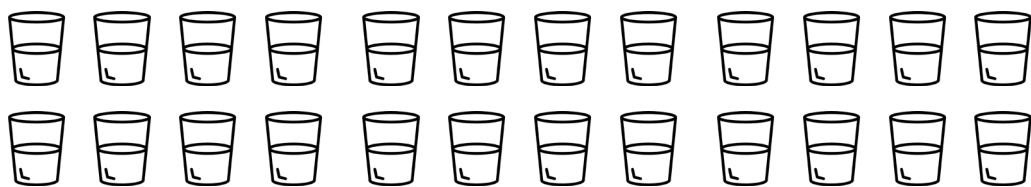
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30 FRIDAY	31 SATURDAY	1 SUNDAY	NOTES
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WEEKLY PLANNER

WEEK OF
2 SEP - 8 SEP

COVER

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JOURNAL

STICKERS

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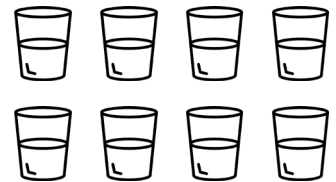
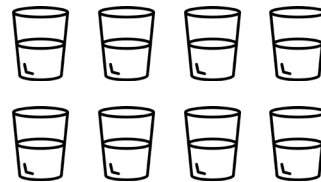
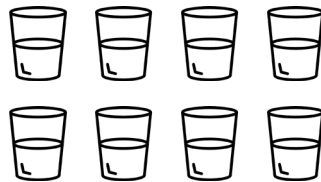
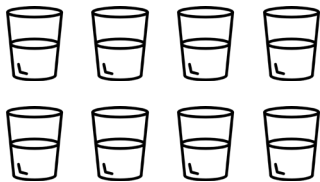
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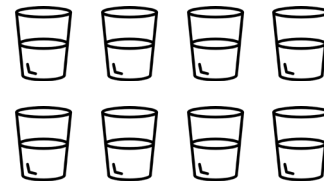
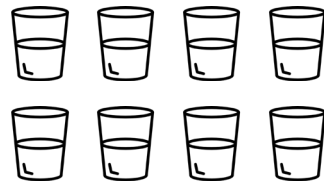
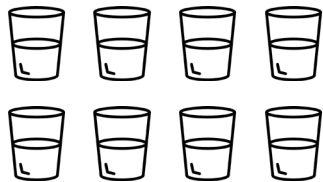
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6 FRIDAY	7 SATURDAY	8 SUNDAY	NOTES
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WEEKLY PLANNER

WEEK OF
9 SEP - 15 SEP

COVER

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APPOINTMENT
NOTES

SHOPPING
LIST

WEEKLY
PLANNER

MOOD
TRACKER

GRATITUDE
JOURNAL

STICKERS

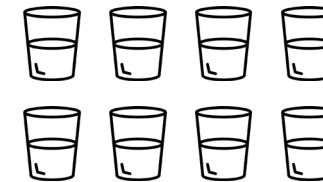
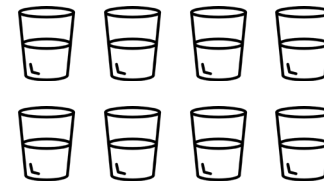
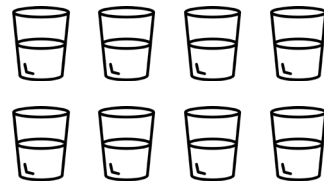
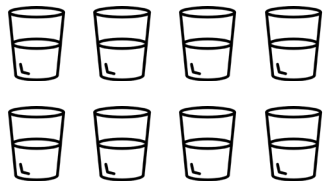
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12 THURSDAY

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13 FRIDAY	14 SATURDAY	15 SUNDAY	NOTES
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WEEKLY PLANNER

WEEK OF
16 SEP - 22 SEP

COVER

EMERGENCY CONTACTS LIST

INSURANCE PROVIDER

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SHOPPING LIST

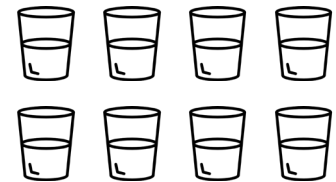
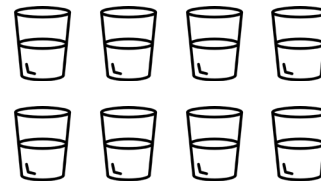
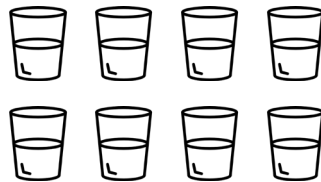
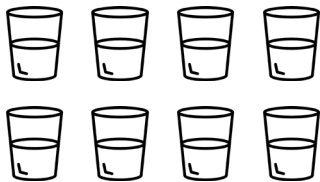
WEEKLY PLANNER

MOOD TRACKER

GRATITUDE JOURNAL

STICKERS

16 MONDAY	17 TUESDAY	18 WEDNESDAY	19 THURSDAY
7AM _____	7AM _____	7AM _____	7AM _____
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20 FRIDAY	21 SATURDAY	22 SUNDAY	NOTES
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WEEKLY PLANNER

WEEK OF
23 SEP - 29 SEP

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JOURNAL

STICKERS

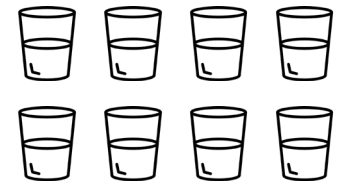
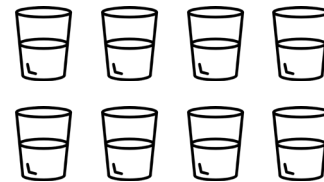
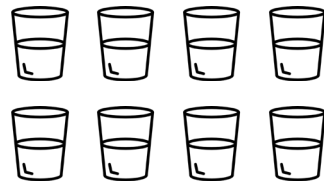
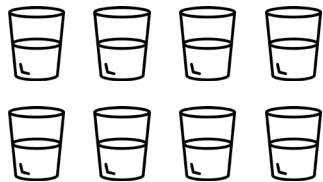
23 MONDAY

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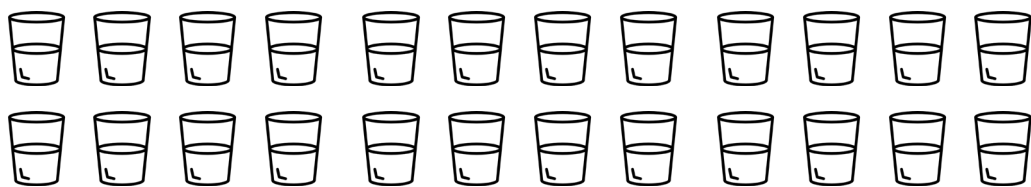
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27 FRIDAY	28 SATURDAY	29 SUNDAY	NOTES
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WEEKLY PLANNER

WEEK OF
30 SEP - 6 OCT

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JOURNAL

STICKERS

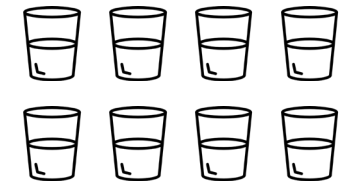
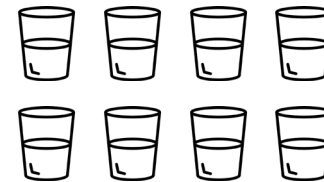
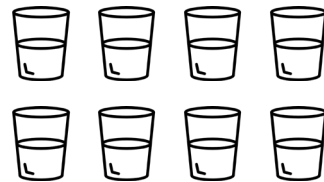
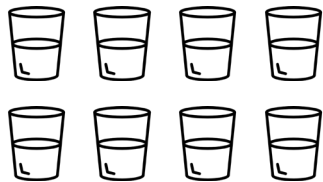
30 MONDAY

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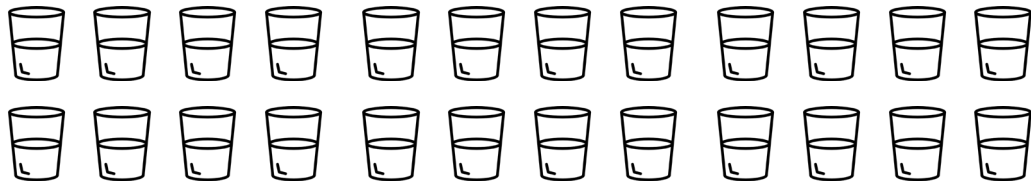
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WEEKLY PLANNER

WEEK OF
7 OCT - 13 OCT

COVER

EMERGENCY CONTACTS LIST

INSURANCE PROVIDER

DOCTOR INFORMATION

MEDICAL HISTORY

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SHOPPING LIST

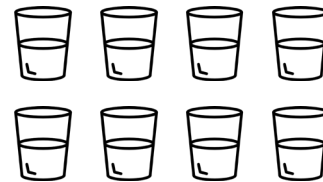
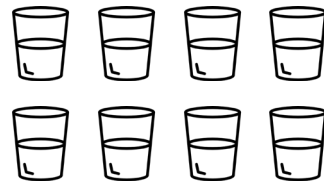
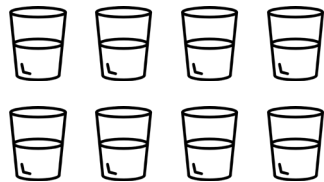
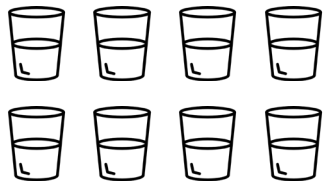
WEEKLY PLANNER

MOOD TRACKER

GRATITUDE JOURNAL

STICKERS

7 MONDAY	8 TUESDAY	9 WEDNESDAY	10 THURSDAY
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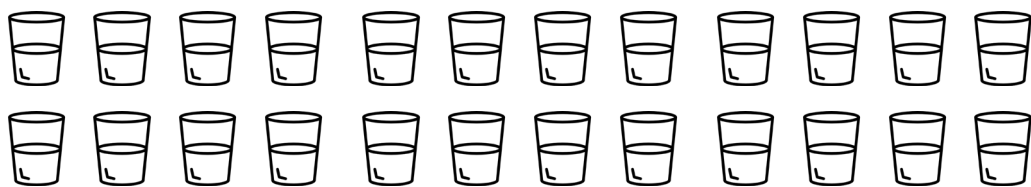
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11 FRIDAY	12 SATURDAY	13 SUNDAY	NOTES
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MEALS	MEALS	MEALS	
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WEEKLY PLANNER

WEEK OF
14 OCT - 20 OCT

COVER

EMERGENCY CONTACTS LIST

INSURANCE PROVIDER

DOCTOR INFORMATION

MEDICAL HISTORY

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APPOINTMENT NOTES

SHOPPING LIST

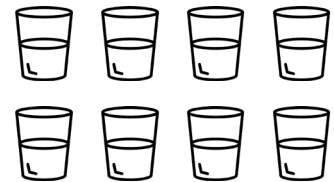
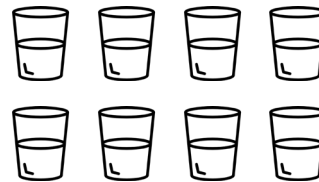
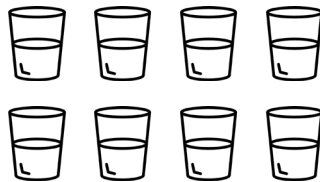
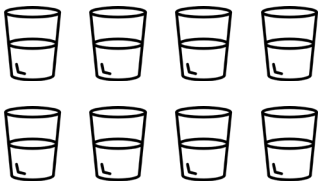
WEEKLY PLANNER

MOOD TRACKER

GRATITUDE JOURNAL

STICKERS

14 MONDAY	15 TUESDAY	16 WEDNESDAY	17 THURSDAY
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8AM _____	8AM _____	8AM _____	8AM _____
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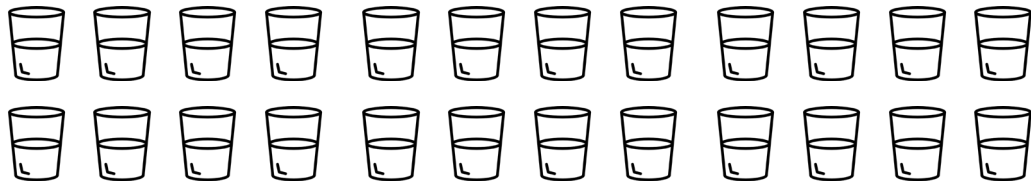
MEALS
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MEALS
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MEALS
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18 FRIDAY	19 SATURDAY	20 SUNDAY	NOTES
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MEALS	MEALS	MEALS	
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WEEKLY PLANNER

WEEK OF
21 OCT - 27 OCT

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PLANNER

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TRACKER

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JOURNAL

STICKERS

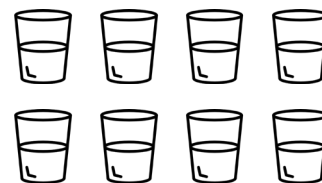
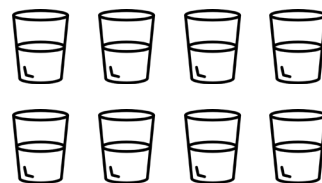
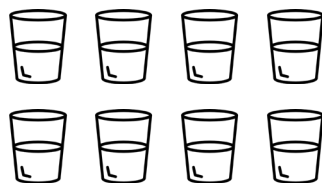
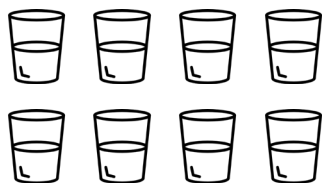
21 MONDAY

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24 THURSDAY

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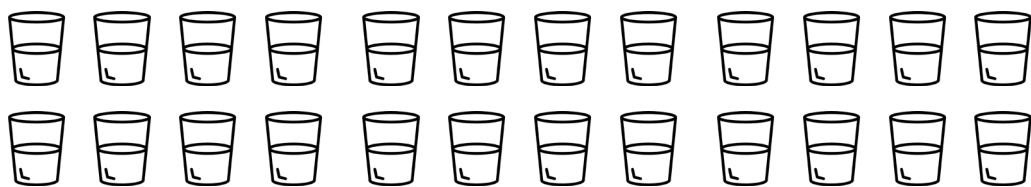
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25 FRIDAY	26 SATURDAY	27 SUNDAY	NOTES
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MEALS	MEALS	MEALS	
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WEEKLY PLANNER

WEEK OF
28 OCT - 3 NOV

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PLANNER

MOOD
TRACKER

GRATITUDE
JOURNAL

STICKERS

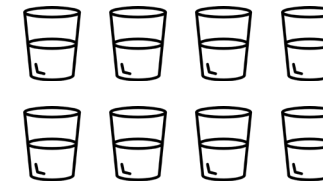
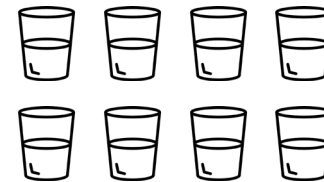
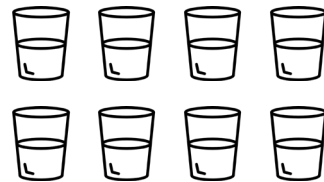
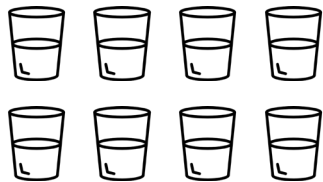
28 MONDAY

29 TUESDAY

30 WEDNESDAY

31 THURSDAY

7AM _____	7AM _____	7AM _____	7AM _____
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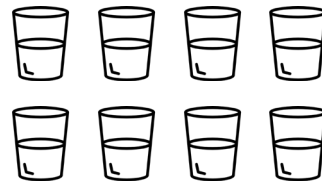
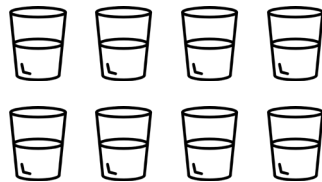
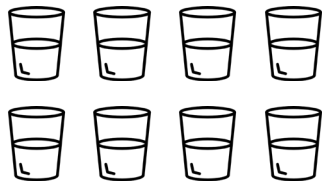
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WEEK OF
4 NOV - 10 NOV

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STICKERS

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5 TUESDAY

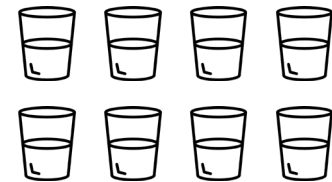
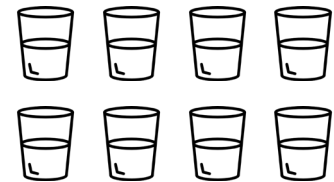
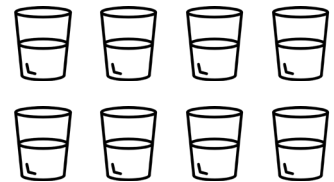
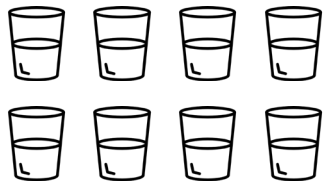
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7 THURSDAY

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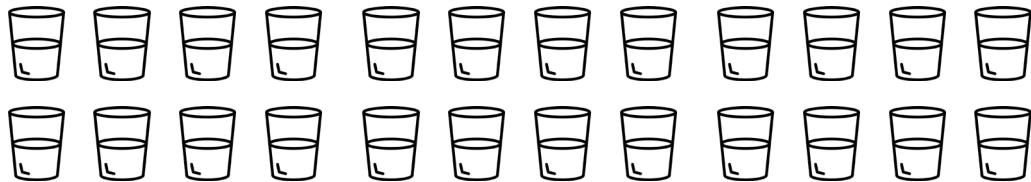
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8 FRIDAY	9 SATURDAY	10 SUNDAY	NOTES
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MEALS	MEALS	MEALS	
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WEEKLY PLANNER

WEEK OF
11 NOV - 17 NOV

COVER

EMERGENCY CONTACTS LIST

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SHOPPING LIST

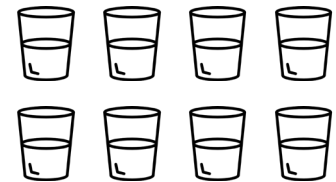
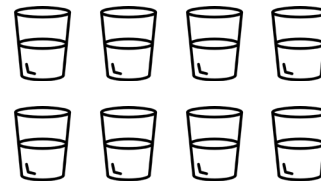
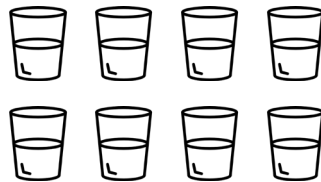
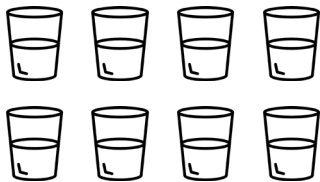
WEEKLY PLANNER

MOOD TRACKER

GRATITUDE JOURNAL

STICKERS

11 MONDAY	12 TUESDAY	13 WEDNESDAY	14 THURSDAY
7AM _____	7AM _____	7AM _____	7AM _____
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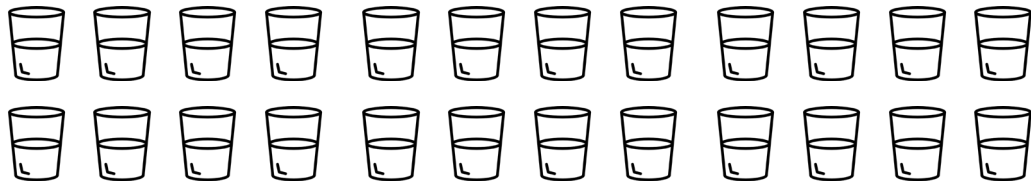
MEALS
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MEALS
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MEALS
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15 FRIDAY	16 SATURDAY	17 SUNDAY	NOTES
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MEALS	MEALS	MEALS	
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WEEKLY PLANNER

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JOURNAL

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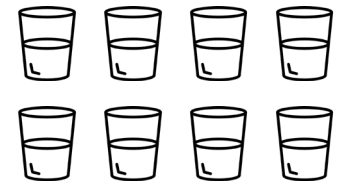
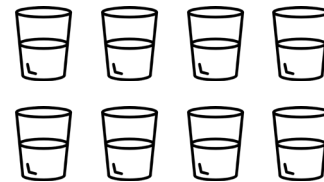
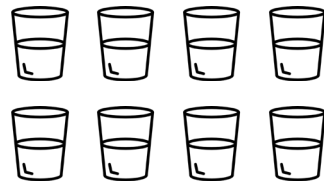
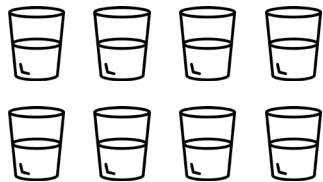
18 MONDAY

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21 THURSDAY

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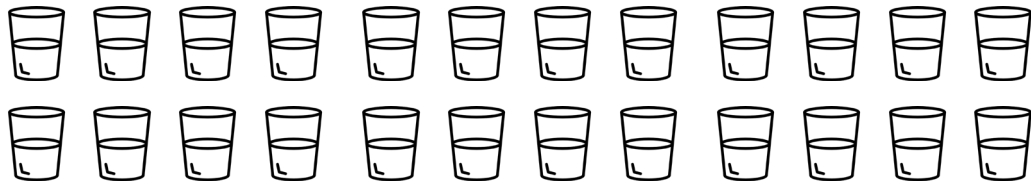
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22 FRIDAY	23 SATURDAY	24 SUNDAY	NOTES
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MEALS	MEALS	MEALS	
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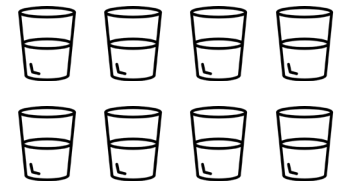
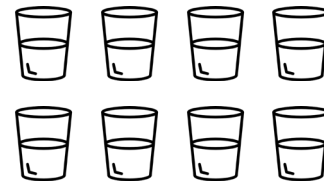
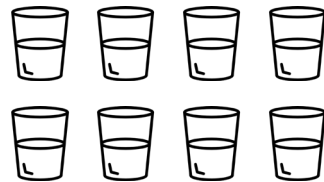
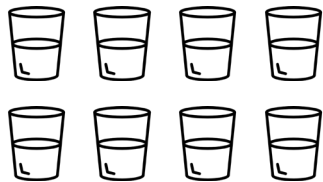
25 MONDAY

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27 WEDNESDAY

28 THURSDAY

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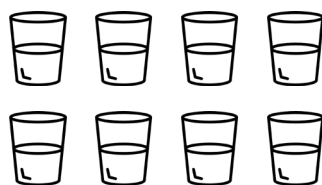
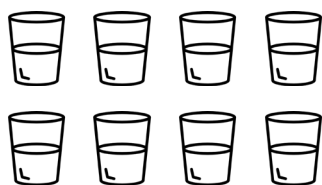
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29 FRIDAY	30 SATURDAY	1 SUNDAY	NOTES
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WEEKLY PLANNER

WEEK OF
2 DEC - 8 DEC

COVER

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INSURANCE
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MEDICATIONS

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PLANNER

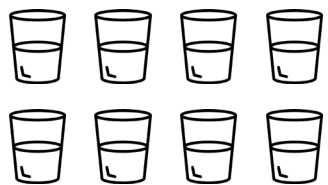
MOOD
TRACKER

GRATITUDE
JOURNAL

STICKERS

2 MONDAY

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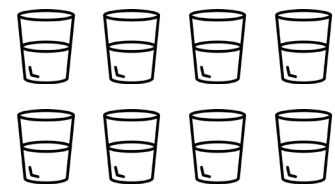


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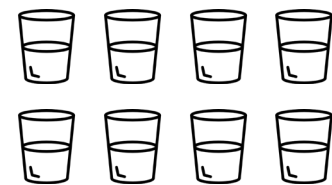


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4 WEDNESDAY

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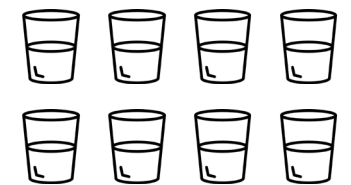


MEALS

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WEEKLY PLANNER

WEEK OF
9 DEC - 15 DEC

COVER

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MEDICATIONS

APPOINTMENT NOTES

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WEEKLY PLANNER

MOOD TRACKER

GRATITUDE JOURNAL

STICKERS

9 MONDAY

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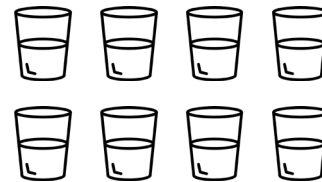
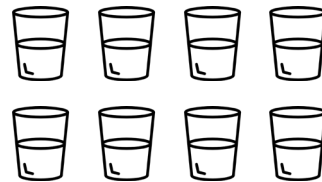
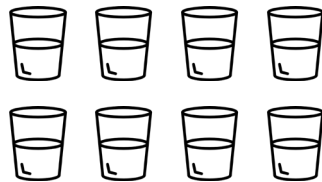
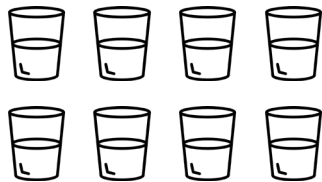
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13 FRIDAY	14 SATURDAY	15 SUNDAY	NOTES
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COVER
EMERGENCY CONTACTS LIST
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WEEKLY PLANNER

WEEK OF
16 DEC - 22 DEC

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PLANNER

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TRACKER

GRATITUDE
JOURNAL

STICKERS

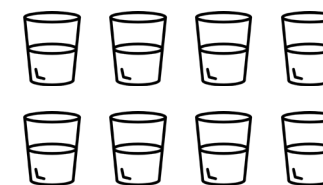
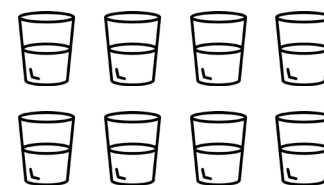
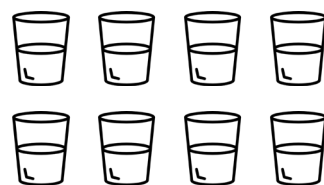
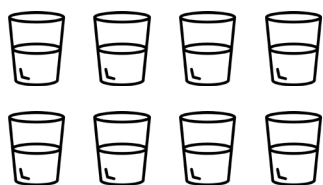
16 MONDAY

17 TUESDAY

18 WEDNESDAY

19 THURSDAY

7AM _____	7AM _____	7AM _____	7AM _____
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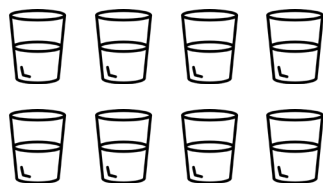
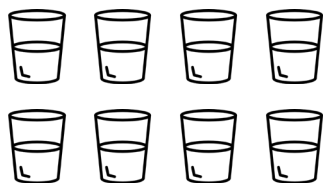
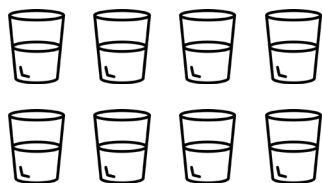
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20 FRIDAY 21 SATURDAY 22 SUNDAY NOTES

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WEEKLY PLANNER

WEEK OF
23 DEC - 29 DEC

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STICKERS

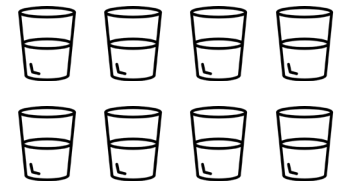
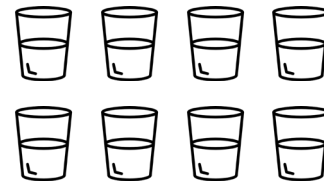
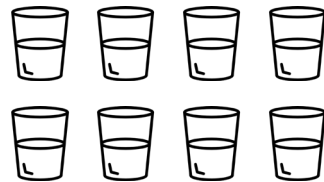
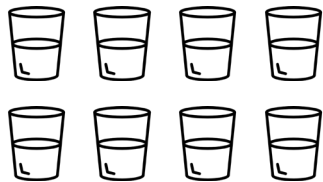
23 MONDAY

24 TUESDAY

25 WEDNESDAY

26 THURSDAY

7AM _____	7AM _____	7AM _____	7AM _____
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WEEKLY PLANNER

WEEK OF
30 DEC - 5 JAN

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STICKERS

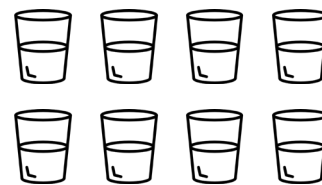
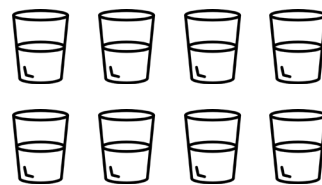
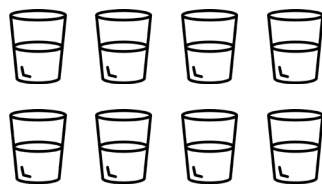
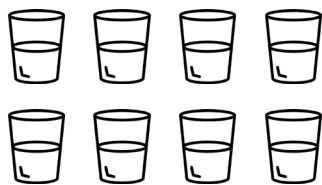
30 MONDAY

31 TUESDAY

1 WEDNESDAY

2 THURSDAY

7AM _____	7AM _____	7AM _____	7AM _____
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9AM _____	9AM _____	9AM _____	9AM _____
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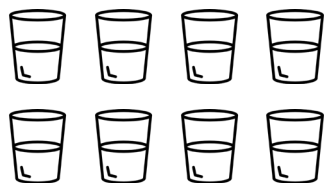
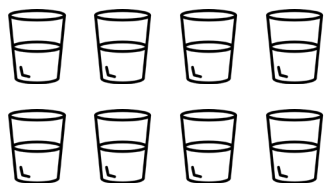
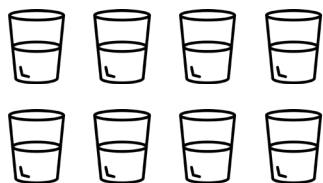
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3 FRIDAY	4 SATURDAY	5 SUNDAY	NOTES
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MOOD TRACKER

MONTH: JANUARY

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- CALM
- POSITIVE
- JOYFUL
- ANXIOUS
- HOPELESS
- PANICKED

NOTES

MOOD TRACKER

MONTH: FEBRUARY

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- CALM
- POSITIVE
- JOYFUL
- ANXIOUS
- HOPELESS
- PANICKED

NOTES

MOOD TRACKER

MONTH:

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- CALM
- POSITIVE
- JOYFUL
- ANXIOUS
- HOPELESS
- PANICKED

NOTES

MOOD TRACKER

MONTH: APRIL

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- CALM
- POSITIVE
- JOYFUL
- ANXIOUS
- HOPELESS
- PANICKED

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MOOD TRACKER

MONTH: MAY

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- CALM
- POSITIVE
- JOYFUL
- ANXIOUS
- HOPELESS
- PANICKED

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MOOD TRACKER

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- CALM
- POSITIVE
- JOYFUL
- ANXIOUS
- HOPELESS
- PANICKED

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- STICKERS

MOOD TRACKER

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- CALM
- POSITIVE
- JOYFUL
- ANXIOUS
- HOPELESS
- PANICKED

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- SHOPPING LIST
- WEEKLY PLANNER
- MOOD TRACKER
- GRATITUDE JOURNAL
- STICKERS

MOOD TRACKER

MONTH: AUGUST

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- CALM
- POSITIVE
- JOYFUL
- ANXIOUS
- HOPELESS
- PANICKED

NOTES

MOOD TRACKER

MONTH: SEPTEMBER

DAY	C	P	J	A	H	P	DAILY REFLECTION
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- CALM
- POSITIVE
- JOYFUL
- ANXIOUS
- HOPELESS
- PANICKED

NOTES

MOOD TRACKER

MONTH: OCTOBER

DAY	C	P	J	A	H	P	DAILY REFLECTION
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- CALM
- POSITIVE
- JOYFUL
- ANXIOUS
- HOPELESS
- PANICKED

NOTES

MOOD TRACKER

MONTH: NOVEMBER

DAY	C	P	J	A	H	P	DAILY REFLECTION
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- CALM
- POSITIVE
- JOYFUL
- ANXIOUS
- HOPELESS
- PANICKED

NOTES

MOOD TRACKER

MONTH: DECEMBER

DAY	C	P	J	A	H	P	DAILY REFLECTION
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- CALM
- POSITIVE
- JOYFUL
- ANXIOUS
- HOPELESS
- PANICKED

NOTES

- COVER
- EMERGENCY CONTACTS LIST
- INSURANCE PROVIDER
- DOCTOR INFORMATION
- MEDICAL HISTORY
- MEDICATIONS
- APPOINTMENT NOTES
- SHOPPING LIST
- WEEKLY PLANNER
- MOOD TRACKER
- GRATITUDE JOURNAL
- STICKERS

GRATITUDE JOURNAL

A large grid of dotted lines for writing, consisting of 20 columns and 30 rows.

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GRATITUDE JOURNAL

A large grid of 20 columns and 40 rows of small dots, intended for writing or drawing.

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GRATITUDE JOURNAL

A large grid of 20 columns and 30 rows of small dots, intended for writing gratitude notes.

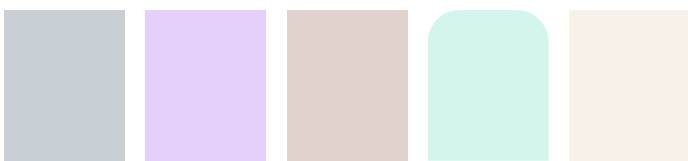
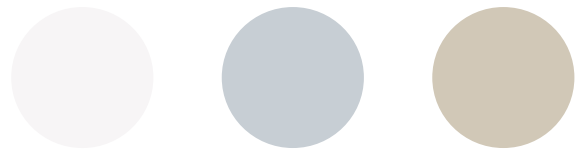
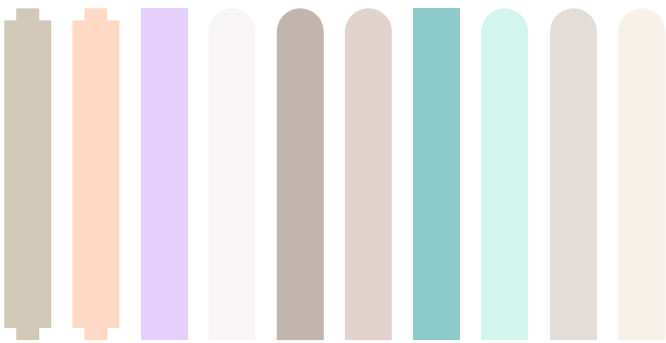
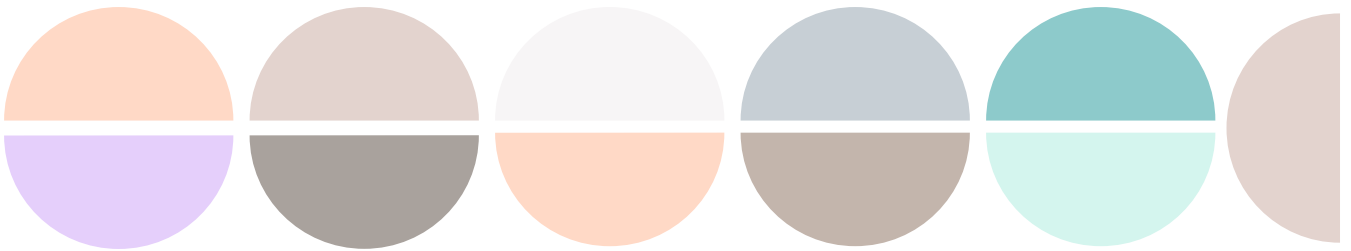
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